

IN THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1. (*Currently Amended*) An exercise kit for attachment to a chair, ~~said chair~~ having a central post, a base, and a chair back support, said exercise kit comprising:

- (a) a generally T-shaped flexible body constructed of flexible fabric, the top of the T-shaped flexible body comprising a generally rectangular portion having a plurality of retainers secured thereon, an elongated strap secured to said generally rectangular portion and extending outwardly from and substantially perpendicular to one of the sides of the generally rectangular portion, said elongated strap terminating in a free end, said generally rectangular portion further including fastening means located adjacent the sides of the rectangular body perpendicular to said one side for affixing said rectangular portion of said flexible body about a central post of a chair, means for affixing said elongated strap about a chair base, and means for affixing said rectangular portion to said elongated strap free end;
- (b) a flexible band, said flexible band comprising a strip a flexible material having at least one retainer affixed thereon, said flexible band including fastening means for securing said flexible band about a chair back support;

(c) ~~[[(b)]]~~ at least one a first elastic exercise strap, said first elastic exercise strap comprising a first elastic band having a pair of elastic handles located at either end of the first elastic band and permanently affixed thereon, and a first pair of resistance adjusting pieces to tighten or loosen the tension of said first elastic band;

(d) a second elastic exercise strap, said second elastic exercise strap comprising a second elastic band and a second pair of adjusting pieces to tight or loosen the tension of said second elastic band;

(e) an ankle attachment, said ankle attachment comprising a strip of flexible material which is removably securable to said second elastic strap, said ankle attachment including mating hook and loop fasteners for removably securing said ankle attachment about a person's ankle;

(f) a plurality of attachable handles, each of said plurality of attachable handles being removably securable to said second elastic strap; and

(e) a plurality of retainers; and

(g) ~~[[(d)]]~~ a means for latching at least one said first elastic strap and said second elastic strap onto said plurality of retainers located on said flexible body and said flexible band[;].

~~wherein said flexible body is adapted to attach about the post and the base of the chair, said flexible body having said plurality of retainers affixed thereon.~~

Claim 2-4. *(Cancelled)*

Claim 5. *(Currently Amended)* The exercise kit according to claim [[4]] 1, wherein said fastening means for affixing said rectangular portion of said flexible body about a central post of a chair comprises a plurality of apertures and a lace, said plurality of apertures being located on the rectangular portion and the elongated strap, said lace capable of being extended through said plurality of apertures, said lace attaching the rectangular portion to the elongated strap.

Claim 6. *(Currently Amended)* The exercise kit according to claim [[4]] 1, wherein said fastening means for affixing said rectangular portion of said flexible body about a central post of a chair are hook and loop fasteners, said hook and loop fasteners being situated on the flexible body and the elongated strap.

Claim 7. *(Cancelled)*

Claim 8. *(Currently Amended)* The exercise kit according to claim [[7]] 1, wherein said fastening means for securing said flexible band about a chair back support comprises a plurality of apertures and a lace, said lace capable of being extended through said plurality of apertures, said lace attaching the flexible band about the chair back support.

Claim 9. *(Currently Amended)* The exercise kit according to claim [[7]] 1, wherein said fastening means for securing said flexible band about a chair back support are hook and loop fasteners.

Claim 10. *(Original)* The exercise kit according to claim 1, wherein said plurality of retainers are D-rings.

Claim 11. *(Original)* The exercise kit according to claim 1, wherein said plurality of retainers are nylon strips.

Claim 12. *(Cancelled)*

Claim 13. *(Currently Amended)* The exercise kit according to claim [[12]] 1, wherein said plurality of adjusting pieces are a plurality of spring-loaded adjusting pieces.

Claim 14. *(Currently Amended)* The exercise kit according to claim 1, wherein said means for latching said first elastic strap and said second elastic strap onto said plurality of retainers [[is]] are a plurality of latching [[hook]] hooks.

Claim 15-20. *(Cancelled)*